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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

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Housekeepers' Chat Friday, March 14, 1930.

NOT FOR PUBLICATION

Subject: "When the Breakfast Bell Rings." Information from Bureau of Home Economics, U. S. D. A.

Bulletin available: "Aunt Sammy's Radio Recipes."

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How shall we make breakfast so inviting that every member of the family will look forward to it? That every member of the family will bounce out of bed, with the first warning of the alarm clock, in order to thoroughly enjoy his breakfast?

Novelty in the menu is one cure for the "no-breakfast" habit. Many people need a substantial breakfast to give them energy for the day's work, yet they eat little, because they find the food monotonous. Even fried eggs and bacon, day after day, week in and week out, would dampen anyone's enthusiasm for breakfast.

I asked the Menu Specialist to plan us a week's supply of breakfast menus for today. She did. She became so engrossed in the subject of planning breakfasts that she had eight menus, before she was through.

Four suggestions, she makes, for developing a good appetite, without which no breakfast tastes good. These four suggestions for developing a good appetite are pleasant surroundings, regular time for the meal, plenty of time to eat, and variety in the meal.

How can we achieve variety? There's a long list of cooked, fresh, and dried fruits and prepared cereals to select from. Citrus fruits, because they help create an appetite, are some of the best for breakfast. Many families tire of cereals cooked in the same way each morning. Cook the cereal in milk, sometimes; this not only changes the flavor, but adds to the food value.

But to get back to the fruit part of breakfast. We agreed, the Menu Specialist and I, that most people want fruit for breakfast.

"But," said the Menu Specialist, "the fruit does not have to be eaten as a separate course. It can be combined with a cereal, as bananas and cereal, or with meat, as sausage and fried apples.

"And when fresh fruit is not available -- there's dried fruit. Prunecots (prunes and apricots stewed together) are a good combination. Then there are the canned fruits, such as pineapple. The point is to use fruit in the way it will best give flavor and succulence, and offset the hardness and starchiness of toast and cereals."

Now I'm going to read you the eight breakfast menus. You will notice that the Menu Specialist has planned breakfasts for the fat and for the lean, for the day laborer and for the swivel chair occupant.

(Read slowly)

Breakfast Number 1: Grapefruit sections; Bacon and Fried Mush; Toast; and a beverage. Peel the grapefruit as you would an orange, carefully pull the tough skin and pith from each section, leaving each section whole.

Breakfast Number 2: Raw Apple; Coddled Eggs; Toasted English Muffins; Jam; and a beverage. The toasted English muffins are to be split and buttered before toasting.

Breakfast Number 3: Prunes and Apricots cooked together; Hot Cereal and Cream; Toast; and a Beverage.

Breakfast Number 4: Orange Juice; Fish and Potato Cakes; Cornbread; Beverage.

Breakfast Number 5: Banana, or some other fruit, with ready-to-serve cereal and cream; Broiled Ham; Hot Biscuits; and a Beverage.

Number 6: Applesauce; Smoked Fish; Oatmeal Muffins; and a Beverage.

Number 7: Pineapple; Waffles with honey-butter, or with cinnamon and sugar, or with maple sirup; and a Beverage. Honey-butter is honey and butter creamed together.

Number 8: Sausage and Fried Apples; Graham Toast; and a Beverage.

That's all of the breakfast menus -- I hope that you will get some new ideas from them. They prove that breakfasts need not be monotonous. These meals are good for children as well as for grown-ups. Of course, in each case, "beverage" means milk for the children, and milk, cocoa, coffee, or whatever drink the grown-ups want in the morning.

Do you find it hard to train your children to take time enough to eat breakfast? Some one has said that "as a nation, we lack that gracious sense of leisure which should be the accompaniment of every meal."

But enough about breakfasts. One question to answer, and we shall bid farewell until Monday.

This is the question: "Do you think that a pinch of soda would have any bad effect on green vegetables?" I have been in the habit of putting it in the water when boiling cabbage, green peas, Brussels sproutes, and so forth. It helps to retain the fresh green color. I have been told, however, that the soda detracts from the quality and strength of the vegetable."

This is the answer to the question:

"It is quite true that a pinch of soda put into the water in which green vegetables are cooked does help to preserve the fresh green color. Experiments have shown, however, that soda has a destructive effect on at least

some of the vitamins in foods. Nutrition workers do not recommend adding soda to the cooking water for green vegetables. If the vegetables are cooked quickly in an uncovered vessel, much of the attractive color can be retained without resorting to the use of soda. In the cookbook you will find a number of recipes for preparing vegetables."

Monday: "Screen Your House Against Summer Pests."

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